# EFFECTIVENESS OF HEARTFULNESS MEDITATION ON STRESS, ANXIETY, DEPRESSION AND QUALITY OF LIFE AMONG ELDERLY PEOPLE LIVING IN SELECTED OLD AGE HOMES IN CHENNAI.

**A SYNOPSIS**

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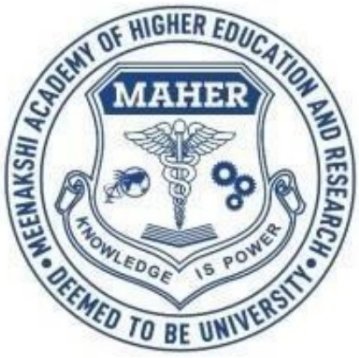
***In Partial Fulfilment of the Requirements for the Degree of***

**DOCTOR OF PHILOSOPHY**




**FACULTY OF NURSING**

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